

Abstract

A composition including (a) an extract from the fruit of *Schisandra chinensis*; and (b) at least one auxiliary and/or additive is provided. A composition also provided includes (a) a component selected from the group of an extract of the fruit of

5 *Schisandra chinensis*, schizandrin, deoxyschizandrin, schisandrin C, gomisin A, gomisin N, pregomisin, and nordihydroguaiaretic acid; and (b) at least one auxiliary and/or additive. A process for producing an extract from the fruit of *Schisandra chinensis* is also provided, and includes the steps of (a) extracting of

10 the fruit of *Schisandra chinensis* with a solvent selected from the group consisting of water, alcohols, esters, hydrocarbons, ketones, halogenated hydrocarbons and supercritical fluids to obtain a mixture comprising the extract and the solvent; and, (b) removing the solvent from the mixture.